



The Mindful Realities Of Stress

Sharing With Bro. Billy Tan



Understand what is stress, how it arises, and use mindfulness to help develop early warning acuity to the advent of stress. Explore how to reduce the harmful effects of stress and cultivate peace and happiness.

Copyright © BTAN. All Rights Reserved.



THE FOUR MINDFUL REALITIES

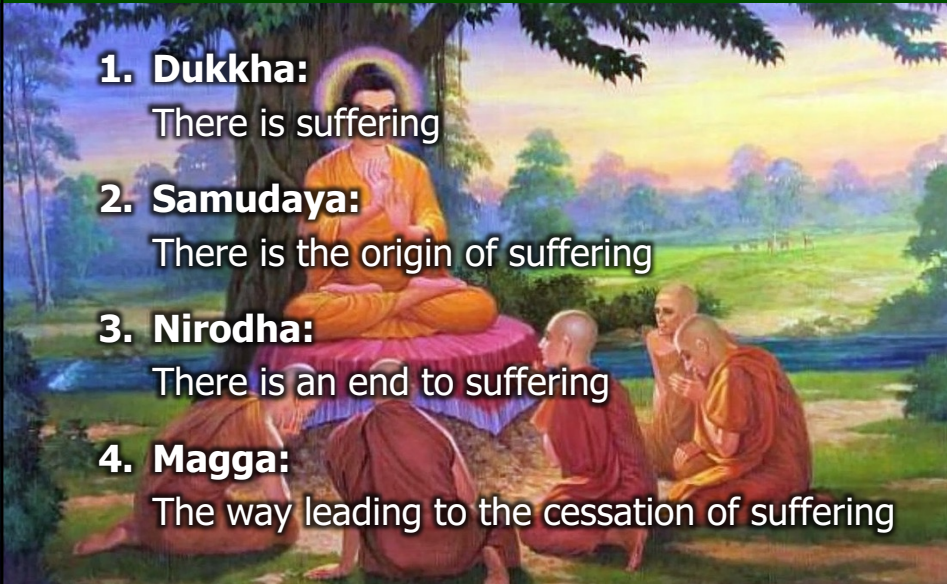
- ① What is STRESS;
- ② How does STRESS arise;
- ③ How STRESS can be reduced;
- ④ Methods leading to STRESS reduction.

Copyright © BTAN. All Rights Reserved.



THE FOUR MINDFUL REALITIES OF STRESS

Slide 2

DHAMMACAKKAPPAVATTANA SUTTA
Setting into Motion the Wheel of Dhamma



- 1. Dukkha:**
There is suffering
- 2. Samudaya:**
There is the origin of suffering
- 3. Nirodha:**
There is an end to suffering
- 4. Magga:**
The way leading to the cessation of suffering





THE FIRST NOBLE TRUTH

THERE IS SUFFERING (DUKKHA)

- This is the noble truth of suffering: (1) **birth** is **dukkha**, (2) **aging** is **dukkha**, (3) **illness** is **dukkha**, (4) **death** is **dukkha**;
- (5) separation from what is **pleasing** is **dukkha**;
- (6) union with what is **displeasing** is **dukkha**;
- (7) not to get what one **wants** is **dukkha**;
- in brief, (8) the **five aggregates subject to clinging** (*pañcupādānakkhandhā*) is **dukkha**.

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 4



THE SECOND NOBLE TRUTH

ORIGIN (CAUSE) OF DUKKHA (**SAMUDAYA**)

- It is this **tanhā** ("craving") which leads to renewed existence, accompanied by delight and lust, seeking delight here and there;
- that is, **tanhā** for sensual pleasures,
- **tanhā** for non-existence,
- **tanhā** for continued existence.

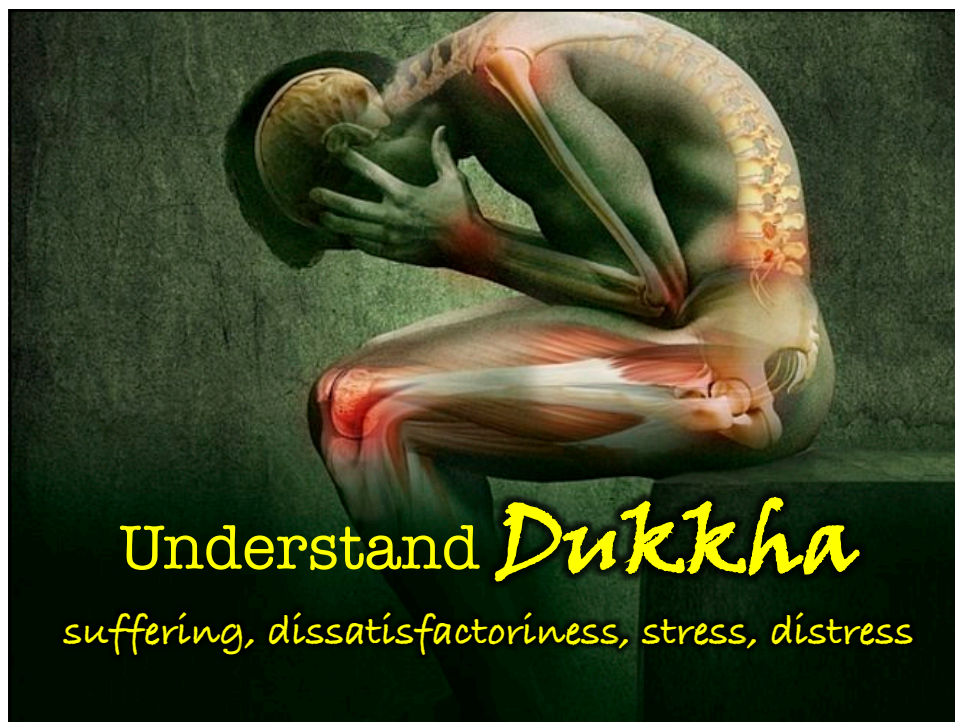
Lobha –
lust and greed
for pleasures



Dosa –
aversion and
hatred towards
displeasures

Moha –
delusion of
self-centered
existence

Tanhā = Emotional reactions ("craving")

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 5








WHO ARE WE ?

❖ We are Organisms in an Environment

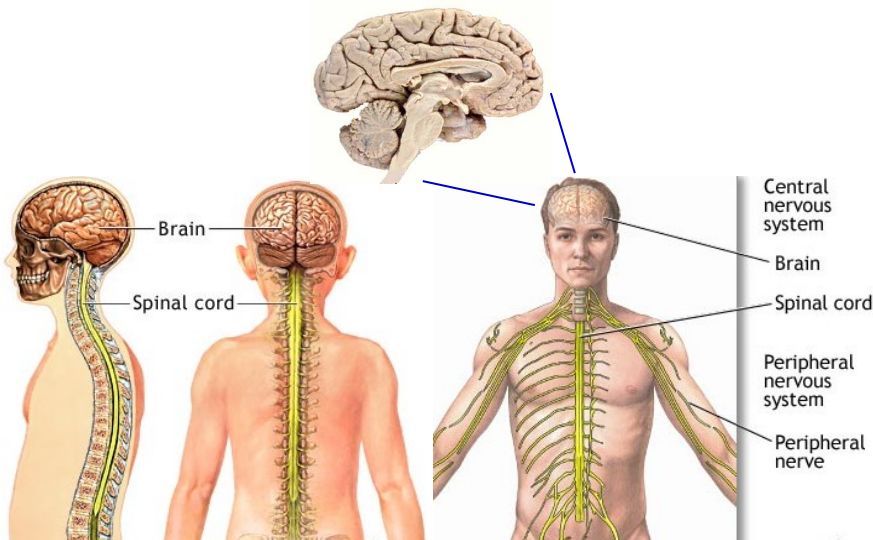
- METABOLISM :**
Life sustaining process;
- CONSCIOUSNESS :**
Experiencing the Environment through 5 physiological senses;
 - SIGHT
 - HEARING
 - SMELL
 - TASTE
 - TOUCH



Copyright © BTAN. All Rights Reserved. **THE FOUR MINDFUL REALITIES OF STRESS** Slide 7



CENTRAL NERVOUS SYSTEM





Brain
Spinal cord

Central nervous system
Brain
Spinal cord

Peripheral nervous system
Peripheral nerve

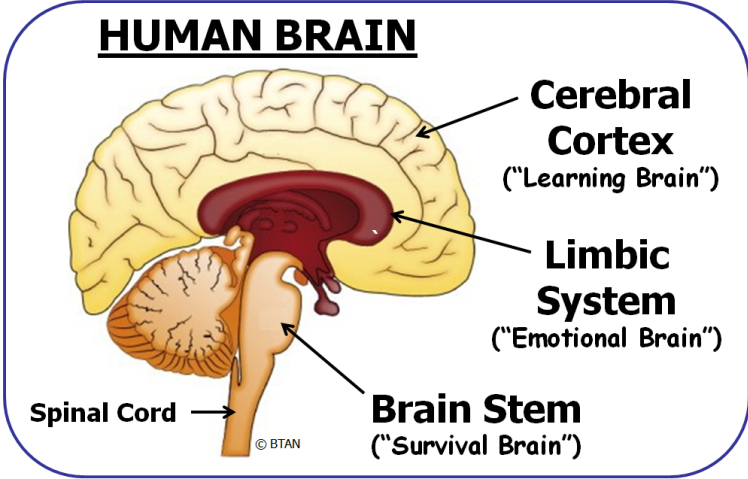
Copyright © BTAN. All Rights Reserved. **THE FOUR MINDFUL REALITIES OF STRESS** Slide 8



OUR EVOLVING BRAIN



Our brain evolved over millions of years into **3 main layers**:

HUMAN BRAIN



© BTAN

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 9

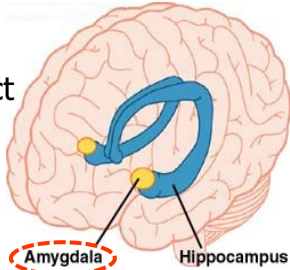


THE LIMBIC SYSTEM (Emotional Command Center)

- Deep within the brain's emotional command center there is a tiny structure called the **AMYGDALA**;
- AMYGDALA scans all environmental and bodily sensations for signs of potential threats and danger to the organism;
- Triggering feelings of discomfort, frustration, anxiety, anger, fear, panic – “fight, flight, or freeze” reaction to protect organism from harm;

Paradoxical Roles of the Amygdala:

- Serves as the “**Body Guard**” to protect the organism from threats and danger;
- “**Terrorist**” if unnecessarily aroused, leading to stress and discomfort.



Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 10

OUR LEARNING BRAIN

- ✓ Attention system, Long Term Memory
- ✓ Logic, Critical thinking
- ✓ Lateral thinking (creativity & imagination)
- ✓ Decision making, Goal setting, Planning
- ✓ Judgment, Reasoning, Rationalizing

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS

Slide 11


आहार-नदिरा-भय-मैथुनं च समानमेतत्पशुभरिनराणाम् ।
धर्मो हि तेषामधिको वशिषो धर्मेण हीनाः पशुभिः समानाः ॥

*Taking food, sleeping, avoiding dangers,
sexual activities, these acts are common
between animals and humans;*


*Ability to think, is what makes humans different,
without thinking humans are just like animals.*

Mind As An Activity





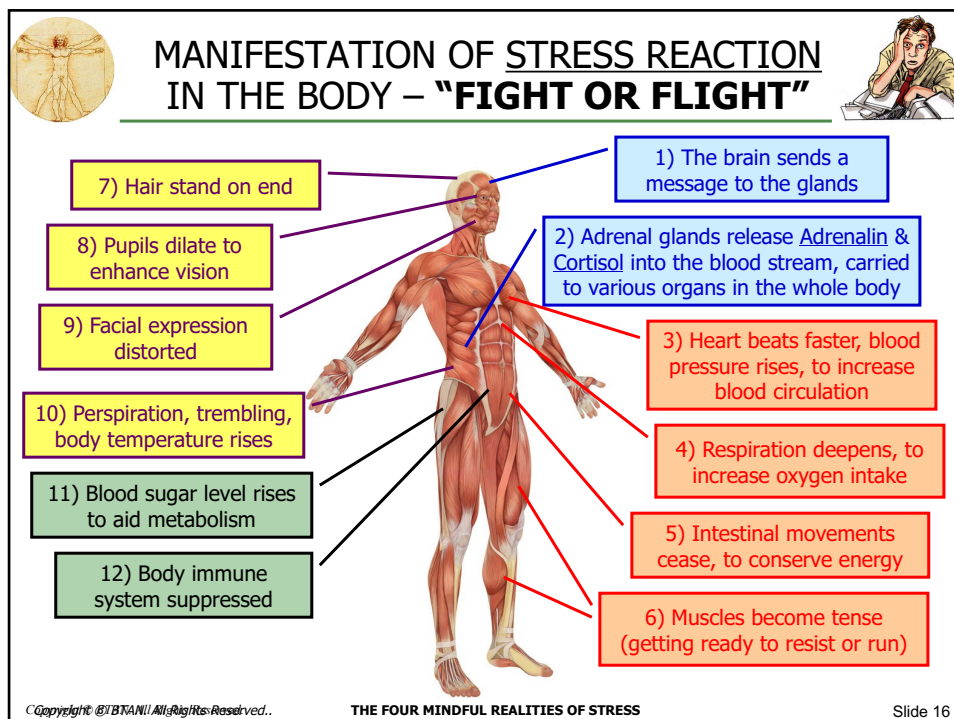
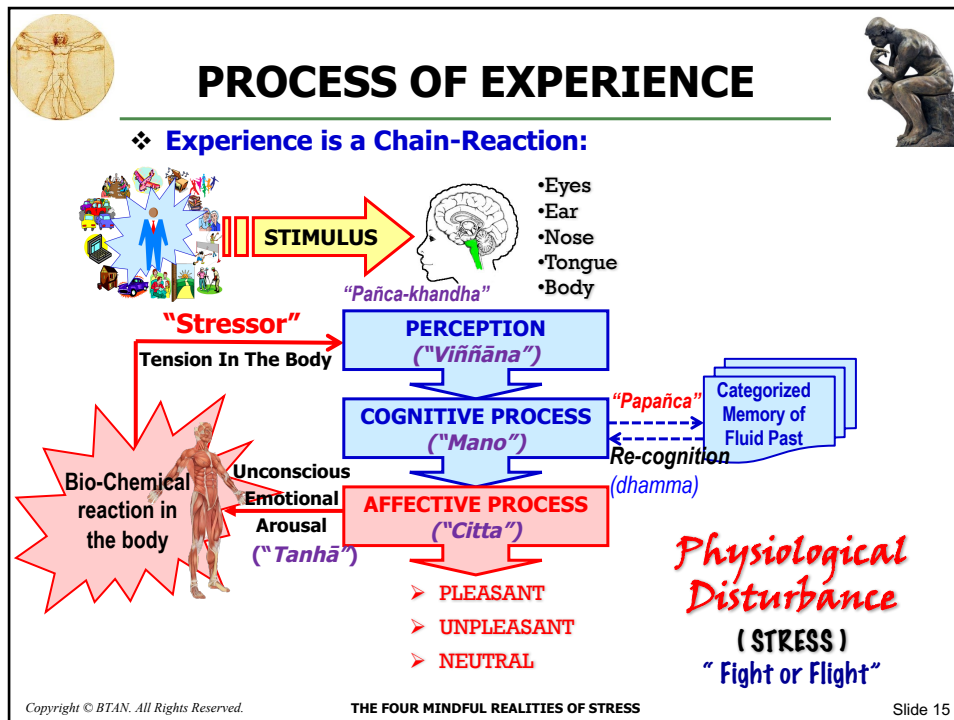
MIND AS AN ACTIVITY




THREE PARTS OF MENTAL EXPERIENCES:

- **Viññāna** : Process of Perception (**Perception**)
 - what was perceived through the sense organs;
- **Mano** : Cognitive Process (**Cognition & Conception**)
 - categorized interpretation (*papañca*) of the perception by giving meaning (*nāma*) to what was perceived (*rūpa*);
- **Citta** : Affective Process (**Mood / Temperament**)
 - emotional reaction (*tanhā*) from emotional excitement to pleasant & unpleasant feelings (*vedanā*) giving rise to mood or temperament (emotional state of mind);
 - personalizing (*upādāna*) the experience leading to the notion of a self-centered existence.



Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 14






1st MINDFUL REALITY

① **STRESS** is our body's autonomic biochemical chain-reaction leading to feelings of discomfort, fear, anger, panic, unease, anxiety, frustration, pain, sorrow, lamentation, grief, despair, distress;

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 17



PROCESS OF EXPERIENCE

❖ Experience is a Chain-Reaction:

"FEVER"
(*Parijāhā*)

STRESS
"Dukkha"

PERCEPTION
("Viññāna")

COGNITIVE PROCESS
("Mano")

AFFECTIVE PROCESS
("Citta")

"VEXATION"
(*Vighāta*)

DISTRESS
"Domanāsa"

EMOTIONS:

- ❖ **Physiological** (Stress - "Dukkha")
- ❖ **Psychological** (Distress - "Domanāsa")



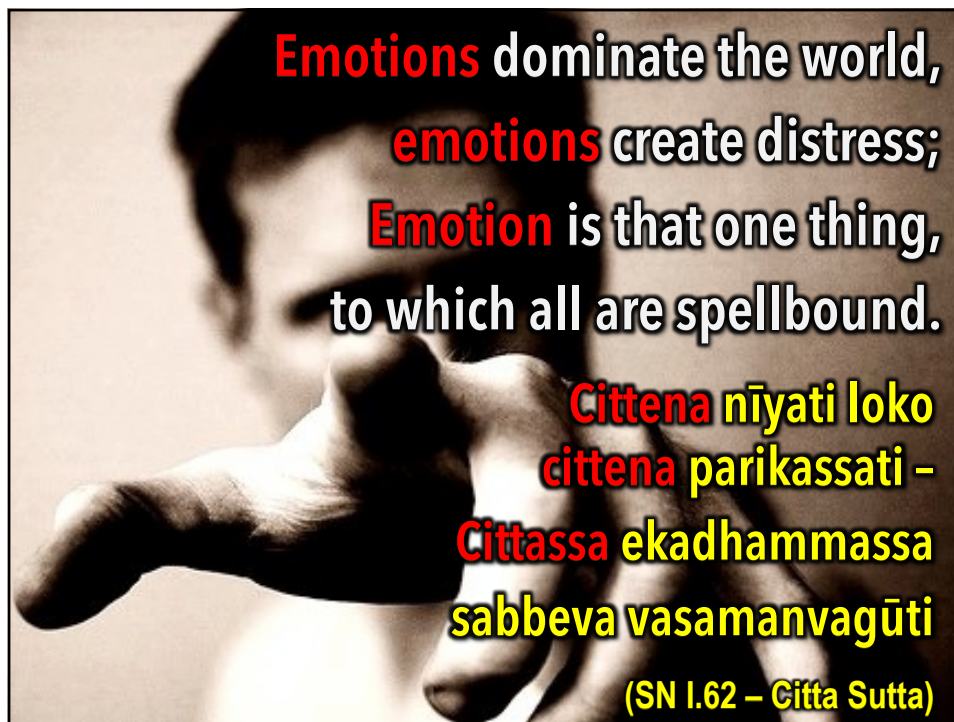
ACTIVITIES:

- **Arousal** (Subjective Feelings - "Vedanā")
- **Reaction** (Emotional Reaction - "Tanhā")

MEMORY, IMAGINATION & EXPECTATION
(*Lobha, Dosa, Moha*)



Emotional Excitement
(Mental Proliferation)

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 18



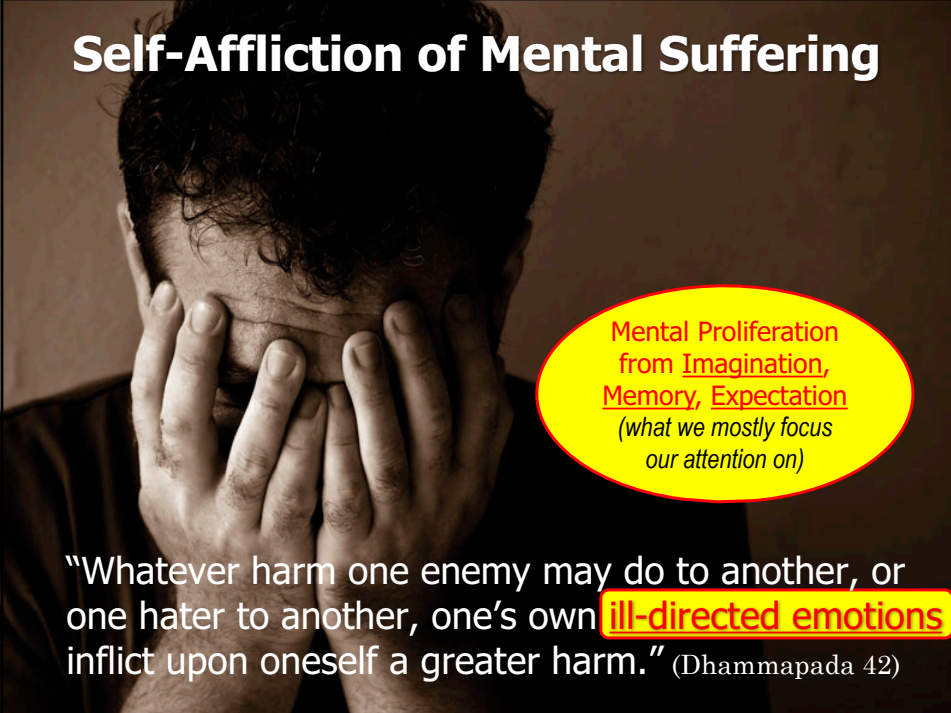
2nd MINDFUL REALITY

② **STRESS** arises with our unmindful reactions to unconscious emotional arousal from sensual feelings, leading to mental proliferation from imagination, memory, and expectation;



Copyright © BTAN. All Rights Reserved. **THE FOUR MINDFUL REALITIES OF STRESS** Slide 20



Self-Affliction of Mental Suffering



Mental Proliferation from Imagination, Memory, Expectation (what we mostly focus our attention on)

“Whatever harm one enemy may do to another, or one hater to another, one’s own **ill-directed emotions** inflict upon oneself a greater harm.” (Dhammapada 42)



CONSEQUENCES OF THE REACTION (Vipāka)



- The Internal consequences arise at different levels: **(General Adaptation Syndrome – “stress”)**
 1. Grief/Sorrow (sōka)
 2. Lamentation (paridēva)
 3. Physical Pain (dukkha)
 4. Distress (domanāsa)
 5. Exhaustion (upāyāsa)

1. Alarm Reaction
mobilization of sympathetic nervous system activity –organism’s physiological reaction
2. Stage of Resistance
recognition of threat, effort to cope with threat –organism’s psychological reaction
3. Stage of Exhaustion
exhaustion of resources, failure to the threat, leading to exhaustion / expiry of organism

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 22



2-STEP RELAXATION RESPONSE

- I. Step 1: Repetitive, flowing, or rhythmic activity – word, phrase, chant/mantra, sound, movement, exercise, etc
- II. Step 2: Freeing the mind of disruptive thoughts by concentrating attention fully on the activity (focusing on the present moment, here and now, avoiding mental proliferation)
- III. If disruptive thoughts arise – gently abandon these thoughts, let them go with a passive response **"...ah well... never mind..."** and resume focusing attention on the repetitive activity.

*(Do not give attention to, or dwell upon, or recall the disruptive thoughts – simply let them go gently! Adopt a **"LET IT BE"** attitude)*

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 24

 **3RD MINDFUL REALITY** 

③ STRESS can be reduced by breaking the biochemical chain-reaction and avoiding mental proliferation through conscious relaxation and introspective attention.

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 25



 **3-STEP SELF-COMPASSION** 

 ❖ **PAUSE**
(allow time for emotional excitement & anxiety to calm down, and hormonal reactions to subside)

 ❖ **RELAX**
(take deep breaths, relax the body, and consciously compose the mind to respond)

 ❖ **T.H.I.N.K.**
(purposefully focus on wholesome & beneficial response to the problem)

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 26

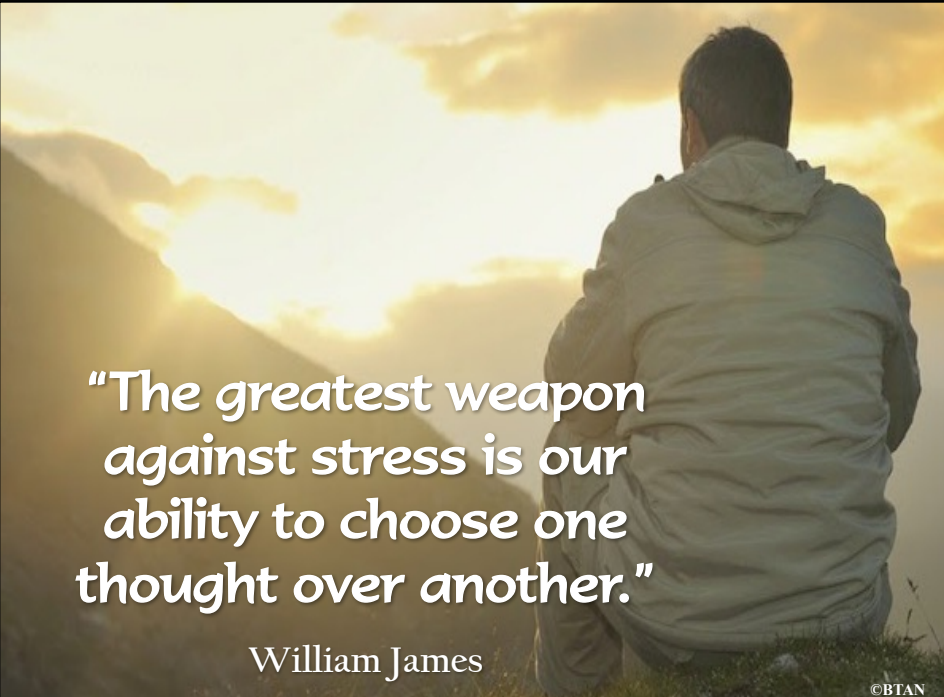


FREEDOM FROM MENTAL PROLIFERATION

1. RELAX THE BODY: *Conscious Relaxation*
 - Bio-chemical activities gradually subside;
 - Tension in the body eases;
 - Mind no longer disturbed by tension in the body.

A relaxed body is a necessary condition for a calm mind!
2. CALM THE MIND: *Introspective Attention*
 - Relaxed body suggests absence of threats;
 - Consciously focus attention on the present moment;
 - Mindful of body, feelings, emotions, and thoughts;
 - Stopping mental proliferation – mind calms down.

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 27



**“The greatest weapon
against stress is our
ability to choose one
thought over another.”**



William James

©BTAN

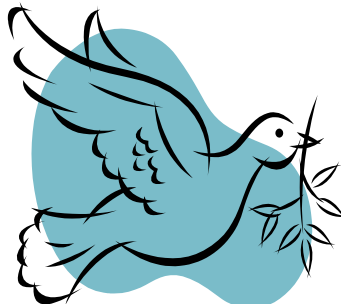

T.H.I.N.K. before you act or speak

	T	Is it Truthful	
	H	Is this Helpful	
	I	Will it Improve the situation	
	N	Is this really Necessary	
	K	Is it a Kind act or speech	



© BTAN

 **4TH MINDFUL REALITY** 

④ Mindfulness training is the most effective way to relax the body, calm the mind, free ourselves from the harmful effects of stress, and cultivate peace and wellness in our life.



Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 30



Mindful Breath Visualization

1. I am relaxed, I am calm, I am peaceful, I am happy;
● **stressed / tension / agitation / anxiety**
2. I am confident, motivated and passionate with my work;
● **lethargic / lack motivation / low confidence**
3. I am getting stronger and stronger, healthier and healthier every day;
● **weak / illness / health issues**
4. I choose to be peaceful, I choose to let go, I choose to stay calm and relaxed at all times;
● **easily upset / anger management issues / emotional**
5. I choose to be kind and compassionate, and I choose to be helpful and caring to others;
● **conflict / ill-will / resentment / unkind thoughts**
6. I forgive myself and others for all our shortcomings.
● **emotional baggage / relationship issues**


Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 31




MINDFUL BREATH VISUALIZATION

Energy!

Breathing In...



IN: Visualize breathing in ENERGY!





Breathing Out...

OUT: Visualize feeling the EFFECTS!

1. I am relaxed, I am calm, I am peaceful, I am happy;
2. I am confident, motivated and passionate with my work;
3. I am getting stronger and stronger, healthier and healthier every day;
4. I choose to be peaceful, I choose to let go, and I choose to stay calm and relaxed at all times;
5. I choose to be kind and compassionate, and I choose to be helpful and caring to others;
6. I forgive myself and others for all our shortcomings.

✓ **Relaxing & Calming**
✓ **Wellness**
✓ **Optimism.**



Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 32



THE FOUR MINDFUL REALITIES



- ① STRESS is our body's autonomic biochemical chain-reaction leading to feelings of discomfort, fear, anger, panic, unease, anxiety, frustration, pain, sorrow, lamentation, grief, despair, distress;
- ② STRESS arises with our unmindful reactions to unconscious emotional arousal from sensual feelings, leading to mental proliferation from imagination, memory, and expectation;

Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS Slide 33

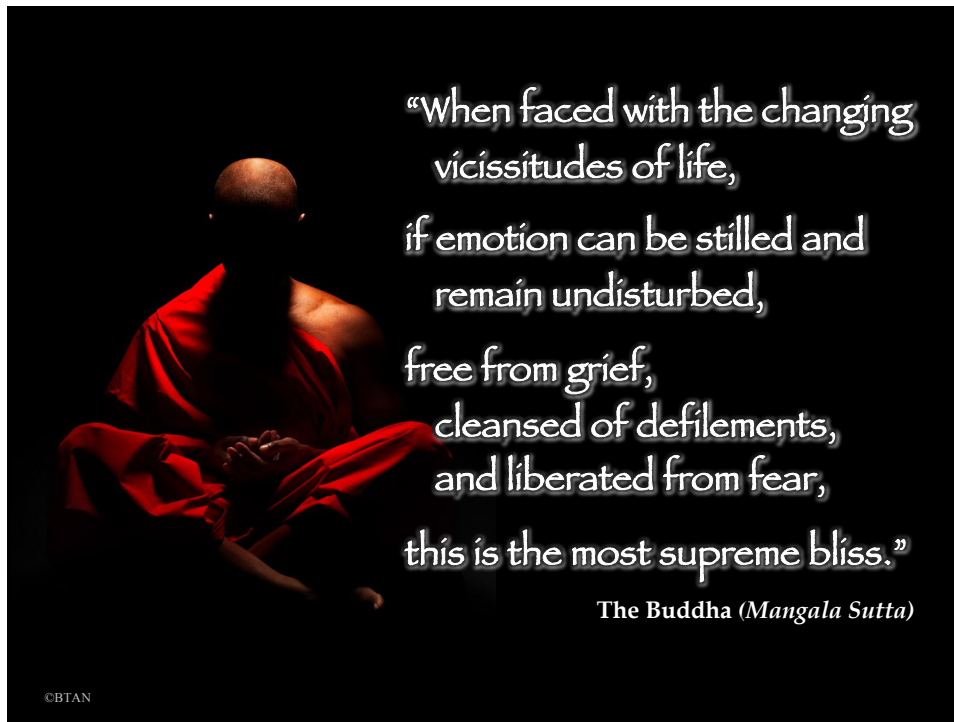


THE FOUR MINDFUL REALITIES

- ③ STRESS can be reduced by breaking the biochemical chain-reaction and avoiding mental proliferation through conscious relaxation and introspective attention;
- ④ Mindfulness training is the most effective way to relax the body, calm the mind, free ourselves from the harmful effects of stress, and cultivate peace and wellness in our life.



Copyright © BTAN. All Rights Reserved. THE FOUR MINDFUL REALITIES OF STRESS



QUESTIONS ?

Download Presentation:
www.tiny.cc/mindfulrealities

Email: billy.tan@hotmail.com
www.facebook.com/billytan88